

8 Therapeutic Elements of Activity Design ♥

THE ACTIVITY: _____

- Has purpose and is meaningful to the resident:
- Offers a reasonable chance for success:
- Does not add anxiety or reinforce inadequacies?
- Is individualized for resident (adapted to meet the individual's capabilities)?
- Is satisfying and enjoyable?
- Significantly reduces unplanned hours (decreases boredom and anxiety)?
- Capitalizes on existing abilities and interests: mental and physical:
- Is culturally appropriate?

♥ THIS SHEET IS A TOOL TO DEVELOP IDEAS FOR SOCIAL AND RECREATIONAL ACTIVITIES.
IT IS NOT A REQUIRED DOCUMENT.